

Local Community Resources for Spiritual Growth

Hari Om Mandir

Father Swami Ji Maharaj is from a Hindu East Indian background leading several temples and ashrams always ready and able to help and assist unity with any problems they face. They could be mental, spiritual, physical or simple needing a friend to talk to. "God is one in whom we trust. To serve mankind is to serve God"

158 North El Dorado Street, San Mateo, CA 94401
Phone: (650) 304-7226 Contact person: Father Swami Ji Maharaj
(mypray@aol.com)
"Hari Om Mandir" on face book

Menlo Park Presbyterian Church

H.E.L.P. (Hope, Encouragement, Love, Prayer): Support group meeting for consumers and families talking about significant mental health and coping with mental health. Drop-in is welcome.

Every Thursday 6:00 (dinner), 6:45 - 8:15 (meeting)
950 Santa Cruz Ave.
Menlo Park, CA 94025
Phone: (650) 323-8600
Contact person: Jane Clark (janeclarkster@gmail.com)
<http://www.mppc.org/>

St. Edmund's Episcopal Church

Offering a variety of ways to connect spiritually including a Zendo - Montara Mountain Zendo.
1500 Perez Dr.
Pacifica, CA 94044
(650) 355-1133
www.saint-edmunds.org

Insight Meditation Center

Community based meditation center offering meditation, yoga, and discussion/support groups.
108 Birch Street

Redwood City, CA 94062
(650) 599-3456 Contact person: James
<http://www.insightmeditationcenter.org/>

BODY, Mind, Spirit: Active San Mateo

Spending time in nature and activities that involve their bodies are important sources of spiritual connection to many San Mateo consumers and family members. This website offers information for **free or low cost** (under \$5 dollars) activities in San Mateo County, listed by city.

www.smcactiveaccess.org

Community United Church of Christ

1336 Arroyo Ave.
San Carlos, CA 94070
(650) 593-7809 Contact person: Rev. Rolf Hansen
<http://uccsc.org/>

Purple Lotus Temple

Buddhist temple offering guided meditation and yoga classes
636 San Mateo Ave.
San Bruno, CA 94066
(650) 952-9513 Contact person: Alfred
<http://www.purplelotus.org/temple/en/main/main.html>

Bread of Life Worship Center

1946 University Ave.
East Palo Alto, CA 94303
(650) 368-2207 Contact person: Reverend Mary Frazier

Yoga at change

400 Ben Franklin Court
San Mateo, CA 94401
(650) 340-YOGA (9642)
<http://yogaatchange.com/>

Yoga Classes:

3 classes for \$25, Scholarship rate is available - \$7/class for students and low income families (no proof needed)

Guided Meditations:

Donations are welcome

Tuesday, Thursday, and Saturday 12:15 - 12:45

3rd Friday of every month 7:30 - 8:30 pm

Mid-Peninsula Vineyard Christian Church

“Sometimes a church is called a "house of God". We believe the real church is not the building; it is the people who gather there. We are a community of people who love and serve God, each other, and the people around us. You'll find we offer a relaxed, casual environment; so come as you are. We want you to feel at home.”

1566 Arroyo avenue

San Carlos, CA 94070

Tel: (650) 592-7700

www.godshack.com

Church service, Sundays 10:00 am. – 11:30 am.

Online Resources:

California Mental Health & Spirituality Initiative:

This site contains a directory to [online resources](#), [scientific literature](#), and [books](#), as well as an area for [announcements](#) and [discussion](#). It also incorporates web 2.0 features by linking to a Google Site that allows you to participate by posting resources and contributing to online discussions. Our hope is that it will become a primary resource on the Internet for people interested in mental health and spirituality.

<http://www.mhspirit.org/>

NAMI FaithNet:

NAMI FaithNet is a network composed of members and friends of NAMI. It was established for the purposes of (1) facilitating the development within the faith community of a non-threatening, supportive environment for those with mental illness and their families, (2) pointing out the value of one's spirituality in the recovery process from mental illness and the need for spiritual strength

for those who are caretakers, (3) educating clergy and faith communities concerning mental illness and (4) encouraging advocacy of the faith community to bring about hope and help for all who are affected by mental illness.

www.nami.org/namifaithnet/

The Spiritual Competency Resource Center:

The Spiritual Competency Resource Center provides access to online resources that enhance the cultural sensitivity of mental health professionals. Spirituality is now accepted as an important component of cultural competence for mental health professionals. These resources include [online courses](#), [audio-visual resources](#), and [articles](#).

www.spiritualcompetency.com/

Mental Health Ministries:

The mission of Mental Health Ministries is to provide educational resources to help erase the stigma of mental illness in our faith communities and help congregations become caring congregations for persons living with a mental illness and their families. User friendly media and print resource that can be adapted to the unique needs of each congregation are available on the website.

<http://www.mentalhealthministries.net/>

Episcopal Church, Diocese of California, Commission on Mental Illness:

Strives to:

- To provide education resources for both clergy and laity, to support people with mental illnesses and their families in our communities. They are our relatives, friends and neighbors; they are us.
- To provide referral to the support and treatment needed for those suffering from these disorders.
- To advocate for justice and cooperation in administrative and legislative bodies, courts, correctional, healthcare, educational systems, and the job market.
- To eliminate the stigma of mental illness.

http://diocal.org/index.php?option=com_content&task=view&id=156&Itemid=75

Menlo Park Presbyterian Church:

H.E.L.P. (Hope, Encouragement, Love, Prayer)

Our ministry provides Christ's compassion to individuals with mental illness and support for their families and friends. We offer Christian friendship,

fellowship, and prayer in a safe, confidential environment. We welcome anyone wanting to learn more about mental health issues including schizophrenia, bipolar, uni-polar chronic depression, and borderline personality disorder.

<http://www.mppc.org/connect/help-mental-health-support>

BeliefNet:

A clearing house of information about everything related to religion, inspiration, spirituality and faith; from articles and books to health and finding a religion that fits your beliefs. Answer 20 questions about your concept of God, the afterlife, human nature, and more, and **Belief-O-Matic™** will tell you what religion (if any) you practice...or ought to consider practicing:

<http://www.beliefnet.com/Entertainment/Quizzes/BeliefOMatic.aspx>

BeliefNet: <http://www.beliefnet.com/>

SAMHSA's Faith and Spirituality website:

The information available on this Web page can help faith-based communities - both clergy and congregants - increase their awareness of mental health issues and find ways to welcome and support people with mental illnesses, thus reducing discrimination and increasing social inclusion

<http://promoteacceptance.samhsa.gov/topic/faith/default.aspx>

BODY, Mind, Spirit:

Spending time in nature and activities that involve their bodies are important sources of spiritual connection to many San Mateo consumers and family members. This website offers information for **free or low cost** (under \$5 dollars) activities in San Mateo County, listed by city.

www.smcactiveaccess.org

Yoga, Self-Control and Social Transformation:

Niroga is a 501(c)(3) non-profit organization that brings Transformative Life Skills to students, vulnerable youth, cancer survivors, seniors and people battling addiction. The work of Niroga directly uplifts thousands of people every week in schools, juvenile halls, homeless shelters, cancer hospitals and rehab centers.

Our programs are part of a cost-effective front-line prevention and intervention strategy for violence reduction, education and mental health, and positive youth development. Niroga also trains minority young adults to become Certified Yoga teachers, prepared to serve their own communities with cultural competence and linguistic sensitivity.

www.niroga.org

Intense Spiritual Experiences and Mental Health - A Report from the NAMI Star Center:

Intense spiritual experiences are powerful encounters or awakenings in the spiritual dimension that tend to quickly shift routine ways of being, thinking and/or functioning. The report provides guidance for individuals moving through intense spiritual experiences to help them recognize the value and dignity of their experiences and offer hope that the process is natural and beneficial.

[Multicultural Competence, Intense Spiritual Experience, and Mental Health: A Self-help, Peer Support and Service Provider Technical Assistance Tool](#)

The Spirituality and Health Online Education and Resource Center (SOERCE):

The SOERCE aims to be the premiere online location for educational and clinical resources in the fields of spirituality, religion and health.

<http://www.gwumc.edu/gwish/soerce/>

George Washington Institute for Spirituality and Health:

GWish is a university-based institute, whose mission is to educate the health care community through education, training, research and policy. Our intent is to broaden the understanding of the role of spirituality and compassion in improving the health and well-being of patients, families and health care providers.

<http://www.gwumc.edu/gwish>